



PORMPUR PAANTHU NEWS WEEK

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If COVID is here: what do we do now?

- Isolate if you're a close contact or COVID positive
- Isolate if you're unwell
- Keep up your hygiene
- Keep up social distancing
- Wear your mask
- Check in with your family/friends
- Be prepared to live with COVID

Here are the basics of how to wear a mask:

- Clean your hands before you put your mask on, as well as **before and after** you take it off, and after you touch it at any time.
- Make sure it **covers your nose, mouth and chin**.
- When you take off a mask, **store it** in a clean plastic bag, and every day either **wash it** if it's a fabric mask, **or dispose of it** in a rubbish bin.
- Don't use masks with valves. (Source: World Health Organisation)



“Masks must be worn correctly before entering our supermarket,” CEQ says.

COVID-19 TESTING CENTRE



Am I eligible for a RAT?

(Rapid Antigen Test)

If you have tested positive to COVID-19, you **DO NOT** require a RAT to exit isolation.

RATS ARE AVAILABLE FOR:

- Close contacts (ie. household members) of a confirmed case who **DO NOT** have symptoms and require a Day 6 test to exit quarantine.
- **Essential workers** with symptoms of COVID-19; OR who require a RAT to return to work (must be able to present ID).

If you are eligible for either of these criteria, please continue to line up and speak to a staff member about a RAT test

If you don't meet the above criteria, please get a PCR test instead.

WHO IS AN ESSENTIAL WORKER?

- Frontline health care staff:
 - » Queensland Health (staff & Contractors)
 - » General practitioners
 - » Residential aged care facilities
 - » Aboriginal community controlled health organisations
 - » Hospital Foundation
 - » Students participating in placements at Queensland Health facilities
- Emergency Service Staff: QFES, QAS, QPS,
- Defence Personnel
- Corrective Services
- Public Transport Operators
- Freights, Maritime and Aircrew
- Those who maintain power and water connection, waste and sewerage.

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WELLBEING with COVID-19 in community

A positive mindset

Check in on your own state of mind. Try to stay happy and have a plan if things start to change and know where you can go to get help.



<p>JANUARY</p> <p>School Holiday Activities @ the PCYC</p> <p>26 Australia Day/Survival Day Holiday</p> 	<p>FEB</p>  <p>7-12 Sexual Abuse & Sexual Violence Awareness Week (Healing Centre Staff)</p> <p>13 Anniversary Apology Day (Social & Emotional Wellbeing – SEWB Team)</p>	<p>MARCH</p> <p>8 International Women’s Day (Women’s Group)</p> <p>18 Close the Gap Day (SEWB & Youth Teams)</p> <p>19 National Day of Action Against Bullying and Violence (Youth Team)</p> <p>15 - 21 Harmony Day (Child Care Staff)</p> <p>21 -27 National Playgroup Week (Playgroup Staff)</p>
<p>APRIL</p> <p>8 - Pormpuraaw Holiday</p> <p>4-14 National Youth Week</p> <p>15 April (Good Friday)</p> <p>18 April (Easter Monday)</p> <p>20 - 24 Drug and Alcohol Awareness Week (AOD Staff)</p> <p>25 - ANZAC DAY Holiday</p> <p>28 R U OK? Day (SEWB Team)</p>	<p>MAY</p> <p>2 - Labor Day Holiday</p> <p>1 - 31 Domestic and Family Violence Prevention Month (DV Team)</p> <p>9 Mother’s Day (Women’s Group)</p> <p>26 National Sorry Day (SEWB Team)</p>	<p>JUNE</p> <p>27 May - 3 June National Reconciliation week (SEWB Team)</p> <p>3 - MABO DAY Holiday</p> <p>15 June – World Elder Abuse Awareness Day</p>
<p>JULY</p> <p>3 - 10 NAIDOC Week (Women’s Group, Men’s Support Service, Child Care Staff & Youth Team)</p> <p>5 - 8 MINI YOUTH SUMMIT</p>  <p>15 – Cairns Show Day Holiday</p>	<p>AUGUST</p> <p>4 National Aboriginal and Islander Children Day (Family Wellbeing & Long Day Care Staff)</p> 	<p>SEPTEMBER</p> <p>4 Father’s Day (Men’s Support Service)</p> <p>10 World Suicide prevention day (SEWB Team)</p> <p>5 - 11 Women’s Health Week (Women’s Group)</p> <p>6 -12 National Child Protection Week (Family Wellbeing Staff)</p>
<p>OCTOBER</p> <p>3 - Queen’s Birthday Holiday</p> <p>9 - 17 Mental Health Week (Healing Centre Staff & SEWB Team)</p> <p>15 Handwashing Day (Long Day Care Staff)</p>	<p>NOVEMBER</p> <p>25 - White Ribbon Day</p> 	<p>DECEMBER</p> <p>School Holiday Activities</p>  <p>CHRISTMAS Celebrations</p>

ALL WORK AND WALK TOGETHER ON ONE PATH OF HEALING, LEARNING, CARING AND SHARING, CREATING A SAFER ENVIRONMENT AND COMMUNITY